

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

OCTOBER 2016

Volume 09 Issue 10



UPDATES AND FRIENDLY REMINDERS FROM THE OFFICE STAFF

NUTRITION DISCUSSION GROUP, October 7th from 10-11:30am (Senior Center Conference Room). UMASS Lowell Graduate Student, Haylee will be holding a discussion group on Improving Immunity.

OCTOBER 10 – COLUMBUS DAY – SENIOR CENTER CLOSED

A SALAD BAR is being offered on Tuesdays and Wednesdays at the Senior Center from 11:30am to 12:30 pm. Fresh salad (\$2/\$4) and a “soup of the day” (\$2) will be available every week. Soup is priced at \$2 for all age groups. This is a very healthy and affordable lunch option for our seniors! Open to all ages.

TECHNOLOGY APPOINTMENTS - Wednesdays - Call the Senior Center to make a ½ hour appointment for help with your smart phone, tablet, or laptop.

NEW COA VAN – Trip to Market Basket every Friday for those who need a ride. Pick up at senior’s homes between 9-10am, shopping between 10-11am with drop offs between 11-12:00pm. 2-bag limit per senior. \$2.00 donation round trip.

NEW – Walmart trip every Wednesday. Pick-up at home (s) will take place between 1-2pm, shopping between 2-3pm and drop off at home between 3-4pm. Companions ride for free. To sign up or to get information on day-to-day van rides, call the transportation line 978-640-4480 ext. 292.



Senior Center Hours:

Monday– Friday

8:00AM until 4:00PM

We will also be open for all *scheduled* activities outside regular hours.

My Mission as Your Director– Ashley Springman

To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.

STAY UP-TO-DATE WITH WHAT’S HAPPENING

SENIOR CENTER TRIPS AND IN-HOUSE EVENTS & COMMUNITY EVENTS/ ACTIVITIES

There are 3 bulletin boards at the Senior Center; one for in-house activities, one for upcoming trips and one for community events. This is where you will find the most up-to-date information. So, stop by and check them out! Anything posted on the community board must be approved by the Director and is limited to non-profit agencies only. Also, be sure to check out the Golden Ages Club (GAC) Bulletin Board located outside their new office (formerly the nurses office) to see what new and exciting things they have going on.

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PUMPKIN DECORATING CONTEST

Show off your wicked talents! Join us in celebrating Fall/Halloween by crafting a pumpkin we'll never forget! All participants will be entered into a drawing. There will be one prize awarded in each of the following categories:

Best In Show
Scariest
Most Humorous
Most Creative

WHEN: Register by October 25th
Bring your Creation in on October 26, 27 or 28th
Judging will be on Halloween—Monday, October 31st

WHERE: Pumpkins will be displayed in the Senior Center Entry

WHAT: Carve, paint, decorate any size (live) pumpkin



Salad Bar - Tuesdays & Wednesdays—11:30am to 12:30pm right here at the Senior Center, you can enjoy a lunch time salad bar. This is a fresh and healthy lunch option at a very affordable price; for seniors- salad \$2/\$4 and a 12oz soup \$2. Thank you to all of the wonderful volunteers who make it happen every week. If you would like to help with the salad bar, please see Ashley or Jan. There are volunteer opportunities on Mondays, Tuesdays and Wednesdays.

TRIPS

Friday, November 18: A “Silver Sizzle” Revue has it all! It’s a mix of song, dance performances and gut busting comedy all performed by an 8 person cast all over the age of 50! Luncheon and show at Luciano’s Lake Pearl located in Wrentham, MA. \$85 per person includes round trip bus transportation and holiday roast turkey dinner with all the fixings (turkey, gravy, cranberry sauce, potato, stuffing, vegetable, dessert, coffee/tea).

Sunday, December 11: Northshore Music Theatre Presents, **A Christmas Carol**. \$70.00 per person includes round trip transportation and show ticket. Show time 2:00pm. Join us for the 26th annual production of A CHRISTMAS CAROL, New England's brightest holiday tradition! This brilliant musical, based on the Charles Dickens classic, is an original adaptation written specifically for North Shore Music Theatre by former Artistic Director, Jon Kimbell. With dazzling special effects that have grown even more exciting over time, traditional and original songs, and colorful costumes, this award-winning production of A CHRISTMAS CAROL has been seen by more than one million people since its debut in 1989. It’s a “must see”!

WAIT LIST ONLY

Christmas at the Newport Mansions

The Breakers and The Elms

December 1–2, 2016

We are going to Rhode Island to see these two beautiful mansions decorated for the Holiday Season!



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Kathy Walsh-Clerk
Joanne Aldrich
Marie Durgan
Linda Layne
Lynn Murphy
Lorene Patch
Joan Unger
Arlene Wright

Answers to last month's Sudoku

8	4	2	1	6	5	3	9	7
9	1	5	2	3	7	8	4	6
7	3	6	4	8	9	1	5	2
1	8	7	9	5	2	4	6	3
6	9	4	3	1	8	7	2	5
2	5	3	6	7	4	9	8	1
3	6	8	5	9	1	2	7	4
4	7	1	8	2	6	5	3	9
5	2	9	7	4	3	6	1	8

**Get Information About Medicare at
The Upcoming SHINE Fair**

FRIDAY OCTOBER 20, 2016**1:00PM—3:00PM****Informational Seminar—1:00PM**

The Tewksbury Senior Center will be hosting a SHINE Fair on Friday, October 20, 2016 from 1:00pm until 3:00pm. There will be an Information Seminar at 1:00pm presented by Regional SHINE Program Director Lisa Rose.

There will be one-on-one SHINE Appointments available that day. Call Jan at (978) 640-4480 to sign-up. These appointments are limited so sign-up early.

Representatives from insurance providers and multiple cost savings programs will have tables set up. They will have information available will be happy to help with any questions you may have.

It is rare to have all these organizations in one place and the timing couldn't be better with open enrollment coming! This is a great opportunity for seniors, their families and individuals who are turning 65!

What is Open Enrollment? Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Everyone is welcome to attend!

Fuel Assistance 2016-2017

If you need assistance filling out your form please contact Nicole Hutcheon at 978-640-4480 to make an appointment.

New Applicants coming in it will be necessary for you to bring the following information/documents:

Identification: Driver license or legal photo to ID. If unavailable you must provide birth certificate and social security card.

Home Owners: Copy of mortgage if you still are making payments, current tax bill, and a copy of homeowner's insurance.

Renters: Copy of lease and proof of rent payments.

Proof of income: Current social security aware letter, pension statement (if applicable), and statement from all other sources of income.

Utilities: Electric bill, gas and/or oil bill and telephone bill.

Previous Applicants coming in will be necessary for you to bring the following information/documents:

Proof of income: Current social security aware letter, pension statement (if applicable), and statement from all other sources of income.

Utilities: Electric bill, gas and/or oil bill and telephone bill.

FAMILY SIZE	MAXIMUM ANNUAL GROSS INCOME
1	\$34,001
2	\$44,463
3	\$54,925
4	\$65,387
5	\$75,849
6	\$86,311

WEEKLY SCHEDULE

Special events & schedule changes on page 7.

MONDAY**AM**

9:00 Forever Fit
 9:30 Men's Yoga
 9:30-11- Blood Pressure Clinic
 provided by Circle Home Health
 (Except 4th Monday, 11am-1pm)
 10:15 Therapeutic Yoga

PM

12:30 45's
 12:40 Bone Builders #2
 2:00 Bone Builders #1
 3:30 Gentle Yoga

TUESDAY**AM**

8:30 Tai Chi
 8:45 TOPS Weigh In/ Mtg.
 9:30 Wood Carving
 9:45 Movin' & Grovin' Exercise
 11:30- 4 Piecemakers for Charity
11:30-12:30 Salad Bar

PM

12:30 ZINGO
 1:00 Independent Painting
 5:00 50's & Fit

WEDNESDAY**AM**

8:15 Bone Builders #3
 9:00 Arts & Crafts
 9:00 Quilting
 9:30 In-house Pool Tournament
 9:30 Men's Mind & Muscle
 10-12 Town Nurse Office Hours
 10:30 Country Line Dance Class
11:30-12:30 Salad Bar

PM

12:30 Cribbage
 12:30 Mah Jong
 12:40 Bone Builders #2
 2:15 Gentle Chair Yoga

THURSDAY**AM**

9:00 Diet Workshop
 9:30 Wii Bowling League
 9:30 Traditional Line Dance
 10:30 Body Works

PM

12:30 Experienced Yoga
 12:30 Whist
 1:00 Bunka Embroidery
 2:00 Bone Builders #1
 5:00 50's & Fit

FRIDAY**AM**

8:30 Walking Club
 9:30 Bone Builders #3
 10:45 ZUMBA Gold

PM

12:30 International Mah Jong

A special thank you to the **Executive Office of Elder Affairs** for supporting our newsletter!

Golden Age Club News*Submitted by Rose McKenna*

On September 16th we held the Installation of the Golden Age Club (GAC) Board. These 10 Board positions will be held until June 2018. Congratulations! Thank you to everyone who helped to pull the event together.

Mark your calendars for future 2016 L.C.R. dates:

Oct 28th, Nov 18th & Dec 16th at 12:00pm

You will need to bring \$3.00 in quarters. Please bring \$5.00 if you would like the pizza and dessert lunch. Remember to bring your own cold beverage or purchase beverages from the vending machine inside the kitchen. Coffee will be served. If you wish to purchase lunch, please sign-up on the sheet located on the GAC Bulletin Board. This way we can make sure we order enough for everyone!

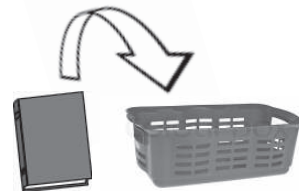
Mark your calendar: The 2016 GAC Christmas Party will be held on Friday, December 9th. Watch for upcoming details.

The last GAC Trip to The White Mountain Resort in December is full. Rose McKenna will be working on the itinerary for 2017 right after the holidays. If you have any suggestions, please let Rose know.

GAC Monthly Meetings are held the second Tuesday each month at 12:30pm at the Senior Center. Everyone is welcome. Drop in and see what's new and exciting!

A REMINDER FROM THE SENIOR CENTER LIBRARY

When returning borrowed books from the Senior Center, please place them in the red bins located on the fireplace hearth. Thank you.

**** Prizes for Our Readers ****

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!

October Winner is Vincent Collura

Mistakes on Page 4, GAC article
 Congratulations Vincent
 Stop by the office to receive your prize.

Red Hat News
Submitted by Diane Joy



If anyone has not paid their dues yet, please pay at the next meeting. Dues are still \$5.00 per year.

UPCOMING MEETING DATES:

Wednesday, October 19th Halloween Party!

6:00pm to 9:00pm. Dress up in your best costume! (Especially since I am one of the judges!)

NOVEMBER: We would like to do something different in November. Different day, different time, different place! Look out ladies, we are changing it up!

Here goes... **MONDAY, November 14th, Red Hat**

Brunch. 11:00am at Cracker Barrel in Tewksbury! You are on your own for transportation (no bus provided). Individual checks for each order. Please wear your **Purple** and **Red!** We will still have our 50/50 raffle, and possibly even door prizes!

DECEMBER: **Red Hat Christmas Dinner,** Wednesday, December 7th from 6:00pm to 9:00 pm. The Village Inn will be catering (yum, yum).

Please contact the Queen Mother or any Board Member if you know of a Red Hat sister that may be ill or has undergone surgery, etc. A card can be sent with all of The Red Hat Carnation Belles' best wishes in it!

Transportation Services provided by the Tewksbury Council on Aging

The Tewksbury COA will be supplementing services that are currently being provided by the LRTA Road Runner. Below is an explanation of services and who you should call to schedule a ride.

You should call the Senior Center to schedule a ride for:

- **In-Town** Errands and Medical Appointments
- Our Friday Morning Trip to Market Basket (occurring weekly)
- Our Wednesday Afternoon Trip to Walmart (occurring weekly)
- A Ride to Wilmington– Medical Appoint. Only
- Long-Distance Medical Appointments, such as Boston & Burlington (Provided with the help of the Dracut COA– additional fees may apply)

Call Phone #: 978-640-4480, ext. # 292

Cribbage & Whist Winners
Submitted by Kay Maher

Cribbage

1st Place: Mike Limperis

2nd Place: Bob Phaneuf

3rd Place: Bill McGeoghegan, Roy Porter, Dot Young

Whist

1st Place: George Reardon

2nd Place: Paul Johndrow

3rd Place: Bob Phaneuf

Congratulations to all. Many thanks to Noreen Arcand, Mary Chase and Dennis Caprigno for all of their help.

HEALTHY LIVING WITH HAYLEE



University of Lowell, graduate student, Haylee will be holding a series of open discussion groups featuring a variety of health topics in October and December. Snacks provided! Feel free to drop in. Hope to see you there! Here is a list of what's happening in October.

Friday October 7th: Improving Immunity

Friday, October 14th: Sugar & Diabetes

Friday, October 21st: Beware of Food-Drug Interactions

Friday, October 2th: Bones & Joints

ALL rides provided by the Council on Aging cost **\$1 each way** (\$2 for a round trip).

This is our new transportation extension. Leave a detailed message and we will call you back as soon as possible. *Rides are scheduled on a first-come first-serve basis. We request that you schedule at least two days ahead. We understand that last minute appointments do arise and we will do our best to accommodate you depending on the availability of our driver(s). Transportation service is "curb-to-curb", meaning riders must be mobile and have the ability to walk/propel to the van when parked street-side. The driver cannot offer "hands-on" assistance, however a personal assistant may accompany a rider should he/she require help. Companions ride free of charge.*

You should call the LRTA Road Runner to schedule a ride for:

- A Ride to the Senior Center
- **Out-of-Town** Errands and Medical Appointments

Call Phone # 978-459-0152

October 2016 Lunch Menu- Served daily at the Senior Center

Elder Services of the Merrimack Valley

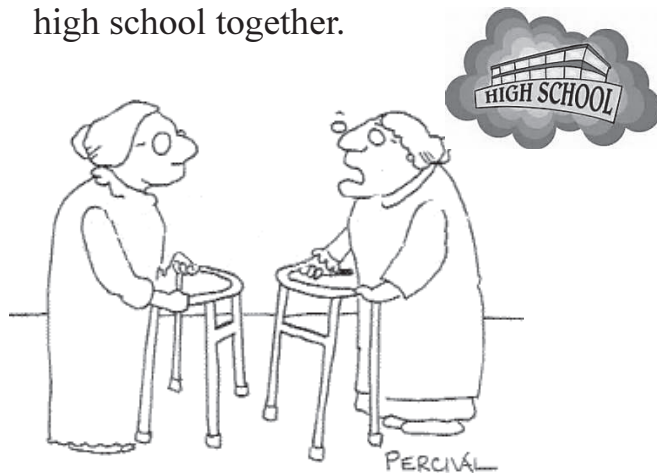
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheese Lasagna Meat Sauce 2oz Sautéed Spinach Italian Bread Diet Jell-O	4 Roast Turkey Gravy Stuffing Carrots & Turnip Dinner Roll Diced Peaches	5 Tomato Soup Mushroom and Onion Frittata w/ Cheese Rice Pilaf Peppers & Onions Oatmeal Bread Cookie/Lemon Dinosaurs	6 Beef Stew with vegetables Steamed Potatoes Biscuit Fresh Fruit (orange)	7 Herb Roasted Chicken 3oz Gravy 1oz Cheesy Cauliflower 4oz Sweet Potatoes 4oz Wheat Bread 1pc Mixed Fruit 4oz
10 Happy Columbus Day No Meal Service	11 Hamburger W/Cheese on the Side Potato Wedges Green Beans Hamburger Roll Mandarin oranges Ketchup and Mustard	12 Cream of Broccoli Soup Breaded Chicken Mashed Potatoes Corn Natural Grain Bread Sliced Pears	13 Sliced Pork Gravy Vegetable Rice Butternut Squash Oatmeal Bread Apple Crisp/Applesauce	14 Eggplant Parmesan Parmesan cheese Spaghetti Broccoli WW Dinner Roll Fresh Fruit (banana)
17 Chicken Drumstick BBQ Sauce Mashed Sweet Potato Chef's Choice Veg Dinner Roll Yogurt	18 Shephard's Pie (Ground Beef, Gravy, Mashed Potatoes and Corn) Whole Wheat Bread Fresh Fruit (orange)	19 Vegetable Soup Salmon with Dill Sauce Brown Rice Pilaf Brussel Sprouts Natural Grain Bread Mixed Fruit	20 Birthday: Greek Chicken Orzo Pilaf Carrots Italian Bread B-day Cake/Angel Food Cake	21 Macaroni & Cheese w/Crumb Topping Capri Blend Honey Wheat Roll Pineapple
24 Pasta Primavera with Chicken Zucchini Italian Scala Bread Diced Peaches	25 Sweet n' Sour Pork Meatballs White Rice Asian Style Veggies Multigrain Bread Pudding/Dt. Pudding	26 Corn Chowder LS Hot Dog Pork Baked Beans Red Peppers & Green Beans Hot Dog Roll Fresh Fruit (pear) Ketchup, Mustard, Relish	27 Pot Roast Gravy Roasted Potatoes Peas WW Dinner Roll Fruit Loaf/Lorna Doones	28 Baked Scrod Lemon Rice Rsted Butternut Squash Oatmeal Bread Mandarin Oranges
31 Special: Turkey Broccoli Casserole Egg Noodles Beets Dinner Roll Pumpkin Surprise				

OCTOBER 2016- SCHEDULE CHANGES & SPECIAL EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 2-6pm Intake for Up-scale Consignment Shop	4 9:30am Caregiver Support Group 3-4pm Swinging Seniors Chorus	5 10-12PM Bereavement Support Group	6 7am Mohegan Sun Trip 8:30am Foot Care Clinic 10am Parkinson's Support Group 10-2pm SHINE Appts	7 10:30am Nutrition Discussion Forum	8
9	10 HOLIDAY Sr. Center Closed	11 3-4pm Swinging Seniors Chorus	12 10-12PM Bereavement Support Group	13 9:00am Men's Group 10-2pm SHINE Appts	14 10:30am Nutrition Discussion Forum	15
16 7-11:30am Friends Breakfast Benefit	17 10am MS Support Group 12:30pm Marion Ryan DA—presentation on prescription drugs	18 3-4pm Swinging Seniors Chorus	19 12:30 pm COA board meeting 6-9pm Red Hat Halloween party	20 8:30am Foot Care Clinic 10-2pm SHINE Appts 12-4pm SHINE Fair	21 10:30am Nutrition Discussion Forum	22 12-4:30pm Cribbage Tournament
23	24	25 9:30am Rep Miceli Office Hrs 10-11am Brown Bag Pickup for participating seniors 3-4pm Swinging Seniors Chorus	26 9-11am Hearing Clinic	27 9:00am Men's Group 10-2pm SHINE Appts	28 10:30am Nutrition Discussion Forum 12:30pm—LCR game day 7pm—Friends Halloween Dance	29
30	31 10am Sen. L'Italien Office Hrs 12pm DJ Afternoon Dance	<p>TRANSPORTATION: You should call the Senior Center to schedule a ride for:</p> <ul style="list-style-type: none"> In-Town Errands and Medical Appointments Our Friday Morning Trip to Market Basket (occurring weekly) A Ride to Wilmington— Medical Appointments Only Long-Distance Medical Appointments, such as Boston & Burlington (Provided with the help pf the Dracut COA—additional fees may apply) 				

LET US PLACE YOUR AD HERE.

I hate it when I see an old person
and then realize that we went to
high school together.



WORD SEARCH

Autumn Blessings

e s o r a p m l e u p i c f
n s a t b n i k p m u p o e
r m h c r r s r t s r l e r
r o u o n e b o n f i r e m
i r e t v t d p c a e s r a
c e a a u n n i g t c a e e
o s e s c a r e c r o w b e
n l h a l l o w e e n b m d
e w a s a o c r f a l o e i
u a o b a k y s a t e p t r
f s s r c c d t l n o e p y
l e r i b a n n l e g s e a
i n r r c j a o n t t e s h
l t u r p m c o s t u m e s

THEN

Long Hair
Disco
Crop Top
Praying for a BMW
Hairstyles with wings
Going to a new, hip joint
All-nighter; Out with friends
Acid Rock
Passing the driver's test
KEG
Rolling Stones

NOW

Longing for hair
Costco
Muffin Top
Praying for a BM
Upper arms with wings
Getting a new hip joint
All-nighter; Insomnia
Acid reflux
Passing a vision test
EKG
Kidney Stones

Autumn	Costumes	Foliage
Trick	Fall	Treat
Pumpkin	Orange	Brown
Hay Ride	Scarecrow	October
September	Leaves	Apple Cider
Halloween	Candy Corn	Jack O Lantern
Bonfire	Smores	

Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

	8			7				6
					6			3
2					9			5
7								
5								8
	2	4	5					
	5	8	3				2	
4		9					7	
				5				9



Friends of the Elderly, Inc.
Submitted by Linda Brabant

This month's Friends of the Elderly casino day trip to the Mohegan Sun will be on Thursday, October 6. The price is \$35/person. There may still be some space available on this trip. Next month's trip will be to Foxwoods on Wednesday, November 2. Tickets will go on sale October 11.

A Friends Cribbage Tournament will be held on Saturday, October 22nd beginning at 12:00 noon. Tickets are now available at \$20 per player (cash only); and at the door. As always, the public is welcome.

The Friends will hold two Breakfast Benefits at the Senior Center this fall. The first will be held on Sunday, October 16th; and the second on Sunday, November 6th. These events take place from 7:30 to 11:00am. Admission price is \$7/adult, \$3/children, 12 and under are free. The menu includes: scrambled eggs, pancakes, bacon, sausage, beans, home-fries, toast, a fresh fruit cup and beverages. Hope to see you there!

Our Friends fundraising events will help in supporting the following up-coming holiday activities:

Halloween Dance - Friday, October 28th held from 7:00 to 10:30pm. The popular costume contest will be held at 7:15pm followed by dancing to the sounds of the D & B Band. Tickets are \$10 and may be purchased in advance or at the door.

Annual Christmas Dinner/Dance- Friday, December 2. A dinner buffet catered by the Village Inn will take place at 6:00pm. Tickets are \$20/person and will be available this month. The menu for the evening is: steak tips, baked haddock plus a chicken entree, salad, mashed potatoes, butternut squash, rolls, tea/coffee and dessert. The Perfect Match Band will provide dancing music.

The New Years Eve Celebration will be held, of course, on Saturday, December 31st. The cost will remain the same as last year, \$50/person. A dinner buffet catered by the Village Inn will take place at 7:00pm. Due to popular demand, the menu will remain the same as the Christmas dinner with the exception of prime rib rather than steak tips. The evening will also include all the novelties to bring in the New Year 2017. The theme of the night will be "At The Casino"!

Tables of 10 may be reserved for both Christmas and New Years. There will be a seating plan for both events so please indicate if you have a preference on whom you would like to sit with and we will try our best in arranging the seating.

Lastly, we wish to thank all the vendors who participated in the recent yard sale at the Senior Center as well as all those dedicated volunteers who worked so diligently.

Enjoy the Fall Season and God Bless America!

Knockers For New England

Knockers for New England is a group that knits/crochets prosthetic breasts for women who have undergone mastectomies/lumpectomies. Lowell General Hospital Cancer Center as well as other area hospitals, are placing them in the take-home bags for women who have had recent surgeries. They are also given to patients who are coming in for follow-ups.

A member from Knockers for New England brought the patterns & yarn and met with the ladies to knit for this important cause.

If you would like to share your time and talents and volunteer, please join the group when they meet again on Wednesday, October 19th from 9:00am—11:30am in the craft room at the Senior Center.



Pictured above are our Senior Center volunteers helping knit more Knockers!



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978.640.0194

We're located at:

2000 Emerald Court | Tewksbury, MA

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Joel W. Deputat

1 Dewey Street - Corner of Main Street (Rt. 38) • Tewksbury, MA 01876

1-800-851-2950 Toll free in MA • (978) 851-2950 • (978) 851-2061

Walter J. Deputat - founder

Dennis W. Graham



For ad info. call 1-800-477-4574 • www.4lpi.com

Tewksbury Senior Center, Tewksbury, MA 06-5182

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876



Important Telephone Numbers for Seniors:

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

Elder Service of the Merrimack Valley
1-800-892-0890

Senator Barbara L'Italien

State House Room 413-C\
 Boston, MA 02133
 Phone: 617-722-1612
 Email: Barbara.L'Italien@masenate.gov

Representative James R. Miceli

State House Room 237
 Boston, MA 02133
 Phone: 617-722-2305
 Email: James.Miceli@mahouse.gov

Representative James J. Lyons, Jr.

State House Room 443
 Boston, MA 02133
 Phone: 617-722-2460
 Email: James.Lyons@mahouse.gov

We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at kwbraelyn@verizon.net or call Jan at the Senior Center 978-640-4480.



IT'S IMPORTANT TO KEEP IN TOUCH!

We would be happy to mail you a copy of our newsletter, "SENIOR MOMENTS" each month...for only the cost of postage! Simply fill in the information requested below.

Return this portion of the newsletter with a check or money order in the amount of \$8.00, which covers the postage and handling for a 12-month subscription. Check the *expiration date* on the label to see if it is time to renew your subscription.

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Make check payable to: *Town of Tewksbury/COA*

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